

Heat-Pasteurized Donor Human Milk (HPDHM)

The goal of our education materials is to provide medically accurate information that is inclusive of all parents and families. We invite you to have a conversation with your provider about the vocabulary and language that is most comfortable for you.

A parent's own milk is the best food for their baby. But when a parent can't provide breast milk, **heat-pasteurized donor human milk (HPDHM)** from healthy donor parents is the next best option.

What are the benefits of human milk?

Human milk has multiple benefits. It contains antibodies, special sugars, and enzymes that fight infections. Babies who are fed human milk have fewer ear, lung, and digestive tract infections. Human milk also decreases the risk of allergies, diabetes, and leukemia, and it helps with improved intelligence and heart health.

Human milk is especially important for premature babies (babies who are born early). It contains hormones and growth factors that help with the development of the digestive tract. These also decrease the risk of a severe intestinal infection called necrotizing enterocolitis (NEC). Human milk can improve eye development and long-term brain development in premature babies as well.

What is heat-pasteurized donor human milk?

Heat-pasteurized donor human milk is breast milk donated by healthy parents who have extra milk. The donated breast milk is heated to a high temperature using a method called **Holder pasteurization** which gets rid of most viruses and bacteria. Heat-pasteurized donor milk has many of the same benefits as a parent's own milk.

Where does heat-pasteurized donor human milk come from?

The Human Milk Banking Association of North America (HMBANA) is a nonprofit organization that was created to ensure the quality of donor human milk. Milk banks that operate under HMBANA guidelines screen healthy, breastfeeding people and accept their milk donations. The milk is heat pasteurized (a process to help preserve the milk and make sure it's safe to drink) and then tested to make sure the pasteurization process was successful. The final product is frozen and stored in a freezer until it is given to parents who need it.

The donor human milk available at C.S. Mott Children's Hospital comes from the Bronson Mothers' Milk Bank in Kalamazoo, one of the HMBANA-accredited milk banks in Michigan.

The Milk Room on the 8th floor of C.S. Mott Children's Hospital is where breast milk, donor human milk, and formula is stored and prepared in a clean, accurate, and safe way for patients in the hospital.

Is my baby able to get milk from the donor human milk program?

Your baby is a candidate for the University of Michigan Donor Human Milk Program at C.S. Mott Children's and Von Voigtlander Women's Hospitals if they meet one of the following criteria:

- They were born before the 37th week of pregnancy
- They weigh less than 4.4 pounds (2000 grams)
- They are less than 30 days old and they need heart surgery
- They are less than 30 days old and they need gastrointestinal surgery
- They are born to a parent who has HIV and plans to breastfeed

Please be aware that we only provide donor milk while you are admitted to the hospital. We do not provide any stock of donor milk to take home after you or your baby is discharged.

If my baby does not qualify for the donor human milk program, can I buy heat-pasteurized donor human milk?

Yes. Please contact Bronson Mother's Milk Bank at (269) 341-6146 for more information on how to buy donor human milk. You will need a prescription from your baby's healthcare provider if you want to buy more than 40 ounces of milk.

Can I use human milk that is donated by a friend or family member or sold on an internet site?

We do not recommend using human milk donated directly from a friend, family member, or stranger that individually sells breast milk online. Babies who are fed with milk that did not come from their parents and that was not heat pasteurized are at risk for serious infections, such as:

- Human immunodeficiency virus (HIV)
- Hepatitis B and C
- Cytomegalovirus (CMV)
- Herpes simplex virus (HSV)
- Syphilis
- Bacteria (including MRSA) and other possible viruses

If you choose to use non-pasteurized donor human milk for your hospitalized baby, more testing and medical liability waivers are required.

How can I become a human milk donor?

Your milk is the best food for your baby, so it is important to make sure that your baby gets as much of your milk as needed. If you feel that your milk supply is enough to provide more than what your baby needs, you might be a

good candidate for milk donation. Please contact one of the HMBANA-accredited milk banks for more information:

- **Bronson Mothers' Milk Bank (Kalamazoo, Michigan):** (269) 341-6146
- **Henry Ford Milk Bank (Jackson, Michigan):** (517) 205-6455
- **Human Milk Banking Association of North America:** www.hmbana.org

Who do I contact for more information about donor human milk?

Milk Room in C.S. Mott Children's Hospital:

The Milk Room is on the 8th floor of C.S. Mott Children's Hospital. It is open 24 hours a day, 7 days a week.

Phone number: (734) 232-8833

Lactation Help Line

The Lactation Help Line can answer general breastfeeding (chestfeeding) questions. When you call, you will be asked to leave a message and a lactation consultant will return your call within 24 hours.

Phone number: (844) 200-8894

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